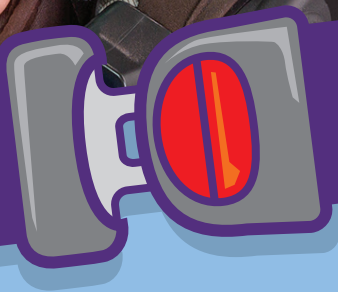




**Secure Them
for Life**



Child safety seats

From infant seats to seat belts,
everything you need to know to ensure
your child's safety.

Québec 

It's the law

In a vehicle, children whose sitting height is less than 63 cm (between the seat and the top of the head) must be secured in an appropriate car seat, adapted to their weight and height. Offenders face a fine of \$80 to \$100 and three demerit points.

In a **taxi**, if you are unable to use a child safety seat, children must wear the seat belt as soon as they are able to maintain an upright position.

Just having the seat is not enough: you also have to properly choose it, install it and secure your child in it.

**Whether your children are big or small,
their safety in the car is your responsibility.**



Did you know?

Every year in Québec, over 1,000 child passengers age 9 or under are victims of road accidents. When child safety seats are used correctly, the risk of death or serious injury is reduced by up to 70%.

Choosing the right seat

- The seat must have the **Transport Canada compliance label**. It is illegal to use a car seat purchased in another country because the safety standards are not the same.
- Carefully read your vehicle **owner's manual** and the manufacturer's **instructions** for the seat because they may vary according to the vehicle and the seat.
- Complete the **registration card** for the seat and return it to the manufacturer so that the seat can be recalled if it is defective.
- Respect the **expiry date** written on the seat or in the manufacturer's instructions, because over time, the seat materials lose resistance.
- Car seats must always be replaced **after an accident**, even if your child was not in the seat. The cost of replacing the car seat can be included in the claim you file with your insurer.



If you are considering a second-hand car seat

A used car seat is not recommended. If you are considering a used car seat, make sure that:

- the car seat complies with safety standards in effect (reselling or even lending a car seat made before January 2012 is no longer authorized by Health Canada);
- the seat has not passed its expiry date;
- the Transport Canada compliance label is still on the seat;
- the seat has never been in an accident;
- the seat model has never been recalled due to a defect (Health Canada can confirm this);
- all the parts are present and intact;
- all the labels and the user's manual are included.

You can always get the seat's manual from its manufacturer.

Installing the seat



Put it in the back seat

In a head-on collision, the back seat is the furthest away from impact zones.



Keep it away from air bags

Never seat children age 12 and under in the front seat of a vehicle with a front air bag on the passenger side.

If the vehicle is equipped with side air bags or curtains, the child must not be placed in their deployment zone. This would be the case, for example, if the child leans against the vehicle door to sleep.



Fasten it securely

Cars and child safety seats manufactured since September 2002 are equipped with a universal anchorage system (UAS) to firmly secure the seat. There are two connectors on the child safety seat that hook onto two metal anchorage bars in the vehicle's rear seat. If your car or child safety seat are not equipped with a UAS, use the vehicle's seat belt to secure the safety seat.

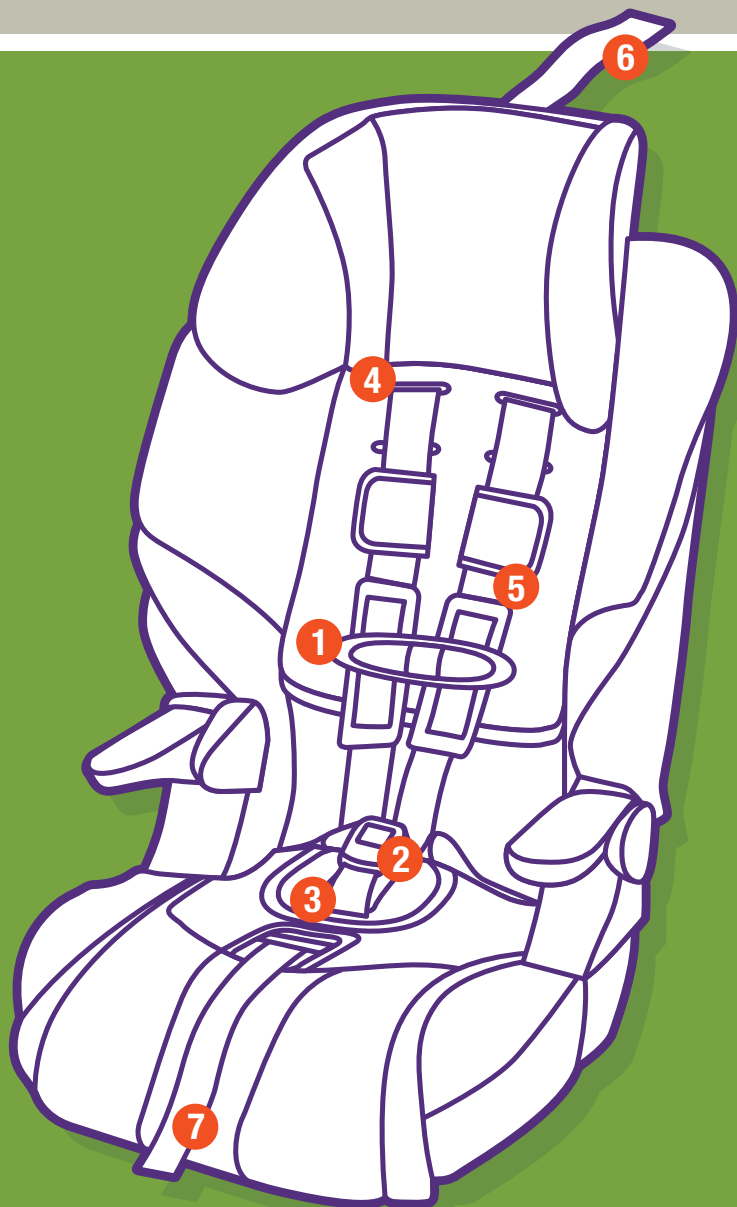


Don't add anything to it

Avoid using accessories that do not come with the car seat itself (head support, seat belt adjustment buckles, mirrors, etc.). These accessories can loosen the harness straps that restrain the child or hit the child or another passenger in the event of an impact or sudden braking.

Child safety seat components

1. Chest clip
2. Harness buckle
3. Buckle strap
4. Harness slots
5. Harness straps
6. Tether strap
7. Harness adjustment strap





Infant seats



For newborns and infants who weigh up to at least 10 kg (22 lb)



Winter clothing

Be careful and make sure to compress your child's coat so that one finger can barely fit between the harness and the child's body. Some car seat manufacturers have specific requirements in this regard. Check the manufacturer's instructions for your seat.

Infant seats should always be installed facing the rear. This is safer because in most collisions, the body is thrown forward. If an infant seat is facing the rear, the child's body will sink into the seat backrest, allowing the neck and rib cage to better withstand the impact.

- Attach the seat to the vehicle seat with the UAS or the seat belt. If the infant seat has a detachable base, attach the base first, then put the seat on the base. You should hear a click.
- The seat should not move at all toward the front and no more than 2.5 cm from side to side. If you need to, rest your knee on the seat to tighten the UAS strap. If you are attaching the infant seat with the seat belt, pull the seat belt all the way out to lock it.
- The carry handle must be folded behind the back of the infant seat **a** or left up according to the seat manufacturer's instructions.
- An infant seat should be placed to allow the back to incline **b** at roughly a 45° angle from the ground. To adjust the seat's position, place a foam noodle or rolled-up towel under the seat, where the backrest meets the seat cushion.
- Thread the harness straps through the slots located slightly below or at shoulder level, **c** so as to wrap around the baby's shoulders.
- Insert the buckle tongues into the buckle. **d**
- Fasten the chest clip at the child's underarm level. **e**
- Adjust the harness straps **f** as closely as possible to the child's body. There should be space for no more than one finger between the harness straps and the child's chest.

The baby's feet can safely touch the backrest of the vehicle's seat with legs slightly bent.

When should you change seats?

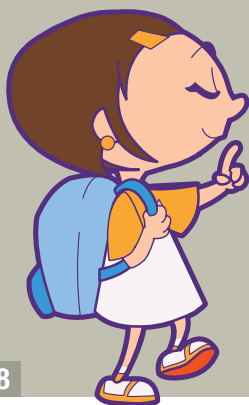
When the baby's weight exceeds the limit indicated on the infant seat or when the space between the top of the baby's head and the top of the infant seat is less than 2.5 cm.



Child safety seats



For children who weigh 10 kg (22 lb) or more



Did you know?

Many accidents occur near home, and more than half occur in zones where speed limits are 50 km/h or less. So even if you are just going a short distance, it is important to secure your child in the seat.

Should the seat be installed facing the rear or the front?

Even if your children are older than one year and can walk unassisted, seat them facing the rear. This is safer because in most collisions, the body is thrown forward. If a child safety seat is facing the rear, the child's neck and rib cage will be better supported. The seat's manual should indicate its height and weight limits for this type of installation. It's okay if your children's legs touch the back of the vehicle seat.

See the "Infant seats" section to learn how to install your seat facing the rear.

Installing the seat facing the front

- Secure the tether strap **a** at the top of the child seat to the vehicle's anchorage point installed by the vehicle manufacturer.
- Secure the child seat with the seat belt **b** or the UAS. Refer to the seat manufacturer's guide to find out through which slots the seat belt or UAS must be threaded. Once the seat is secured, tighten the tether strap. The seat must be very tightly secured. The seat should not move at all toward the front and no more than 2.5 cm from side to side. If you need to, rest your knee on the seat to tighten the UAS and the tether strap. If you are attaching the child seat with the seat belt, pull the seat belt all the way out to lock it.
- Thread the harness straps through the slots located at or above the child's shoulders. **c**
- Insert the buckle tongues into the buckle. **d**
- Fasten the chest clip **e** at the child's underarm level.
- Adjust the harness straps **f** as closely as possible to the child's body. There should be space for no more than one finger between the harness and the child's chest.

When should you switch to a booster seat?

Wait until your child weighs at least 18 kg (40 lb). Ideally, keep using the child seat as long as your child does not exceed the height or weight limits indicated by the seat manufacturer (the middle of the child's ear should not be higher than the backrest). Because of their harnesses, child seats offer better protection than booster seats.

You can also check your vehicle's owner manual to find out how much weight the UAS and the tether strap anchorage point can support. If the combined weight of the seat and child surpasses the UAS weight limit, the child seat can usually be secured with the seat belt.



Booster seats



For children who weigh 18 kg (40 lb) or more

The booster seat raises the child so that the car seat belt lies in the middle of the shoulder (over the collarbone) **a** and on the hips. **b** The collarbone and pelvic bones are among the body's strongest and must absorb the impact in the event of an accident. The seat belt must be secured so that it is snug.

Some booster seats have a UAS that must be used according to the manufacturer's instructions.

If the back of the vehicle seat is low or has no headrest, use a booster seat with a headrest **c** so that your child's head is supported in the event of a rear impact.



When is a booster seat no longer needed?

1. Children must have a sitting height of at least 63 cm (between the seat and the top of the head).
2. When children are seated, their **back needs to be flat against the seat d** with their **knees bent e over the edge of the seat**. The child must be able to easily hold this position for the entire trip.
3. The seat belt should lie in the middle of the shoulder **f** (over the collarbone) and on the hips **g**, **not the child's neck h or abdomen. i**

If these three conditions are not met, the child should continue to use a booster seat. This is the case for most children under the age of 8 (although many children may need to use their booster seats for longer).

Why?

Children who are not tall enough will tend to slide under the seat belt and move forward to get comfortable. In an accident, this could lead to serious injuries to the spine or internal organs because the seat belt would be pressing against the abdomen rather than on the hips.

Whether using a booster seat or not, never put the belt behind the child's back or under the arm. In the event of an accident, the child could sustain serious injuries.

There's help!

Video clips on child safety seats

At www.childcarseat.qc.ca, you can watch three video clips, one for each type of seat, that show how to use them properly.

Network for the Inspection of Child Safety Seats

If you would like to have your child's car seat checked, make an appointment with a member of the Network in your region. The list is available at www.childcarseat.qc.ca.



Réseau de vérification
de sièges d'auto
pour enfants

Original text in French

**Société de l'assurance
automobile**

Québec

